



'HIDDEN GEM'

Petition launched to keep the Prince of Wales bridge accessible metroNEWS

Retiring Alfie's 11

NHI

Former captain first Senator to be honoured in modern era



Haley Ritchie Metro | Ottawa

There will never be another Ottawa Senators player like Daniel Alfredsson — and now there will never be another player to wear the No. 11 jersey he made famous.

The Senators announced Tuesday they will retire their long-time captain's jersey. The jersey will be retired on Dec. 29, 2016 before the Senators' game against the Detroit Red Wings.

Alfredsson thanked the crowd gathered at the Canadian Tire Centre on Tuesday, including Ottawa Senators owner Eugene Melnyk and former general manager Bryan Murray.

"Nothing would have been possible without the teammates, coaches, the staff, family, parents from an early stage. That's what comes to mind when I was told I was going to get this honour," he said.

"You know I tried my best and I worked really hard, but there's so many things that goes into this and I really want to thank everyone that's been a part of this. On behalf of every-body I accept this with a great attitude of humbleness," said Alfredsson.

Alfredsson played 17 seasons with the Senators before signing with the Red Wings in 2013.

He retired 17 months later, but not before signing a oneday contract with his old team for a final farewell skate.

Alfredsson is the first player to have his jersey retired in the modern era of the franchise. The only other retired jersey is Frank Finnigan's No. 8.

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SCION





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METENS



Your essential daily news

Chef Massimo Bottura feeds Rio's homeless with Olympics leftovers. World



Revelstoke residents Graham Sibthorpe, left, and Elisabeth Klein join Hunt Club resident Aija Auzina along the busy Riverside Drive, one of many routes in River Ward where, they say, cycling infrastructure needs improving. They are members of the new 16 Cyclists: River Ward Cycling Advisory Group. ERIN MCCRACKEN/METROLAND MEDIA

Pedalling hard for safety

TRANSPORTATION

River Ward cycling group advocates for route upgrades

Pedal power is getting a powerful boost in River Ward with the creation of a coalition of avid cyclists who are advocating for an improved network of routes to improve safety and draw out more recreational and commuter cyclists.

The seven-member group is also now mapping out cycling routes for a report that will be submitted to the city by the fall. The report card will explore current conditions and recommend short and long-term improvements to the city and the National Capital Commission.

"I would do way more utilitarian cycling if there was better infrastructure," said Elisabeth Klein, who lives in the Revelstoke community of the ward and is a volunteer member of the 16 Cyclists: River Ward Cycling Advisory Group.

While Klein said there are a few breaks in connectivity, she finds it relatively easy to get onto the NCC's pathways to access local parks. However, improvements are needed on traffic-heavy arterial routes, she said, such as Walkley and Heron roads, as well as along Bank Street where she shops and runs errands.

"I doubt if I would use my



Revelstoke resident Elisabeth Klein, left, and Aija Auzina, of Hunt Club, cycle south along Riverside Drive south of Malhotra Court. erin McCracken/MetroLand Media

car," Klein said if routes were improved to make cycling safer. "It would ... change my lifestyle."

It really comes down to safety, given the growing congestion in the ward and the increasing speed of cars.

"That's the one thing that keeps me from cycling more," said Aija Auzina, a Hunt Club resident

Their group formed in January as an offshoot of Ecology

Ottawa's active transportation group that was meeting to discuss the city's plan to widen the Airport Parkway.

The group, which met early on with River Coun. Riley Brockington who suggested the group be ward-wide, is also advocating for educational materials so that drivers and cyclists can be on the same page.

While improvements have been made thanks to stiffer dooring penalties as well as the requirement that drivers keep one metre away while passing cyclists, Auzina said it's critical that motorists and cyclists become more knowledgeable. Education is key to safety, she said.

"It's got to be a partnership ... because it's all a public space." ERIN MCCRACKEN/METROLAND MEDIA

POLICE

Swarmings spark call for caution



Joe Lofaro Metro | Ottawa

Ottawa police are asking for the public's help in identifying suspects in a series of swarmings in the city's south end last week.

On Aug. 10 at about 9:30 p.m., two people — one of whom was carrying a knife — approached a woman walking along the path between Albion Road and Lorry Greenberg Drive. They demanded she hand over her backpack, police said, before fleeing with a small quantity of cash. No one was injured.

The next day at 9:20 p.m., police say three men demanded a woman jogging on the same path hand over her belongings. One of the men carried a knife. They left with the victim's phone and there were no injuries.

Police say two more victims contacted police about similar incidents in the area, although this time they reported seeing a handgun, according to police.

"The suspect(s) indicated they needed money for their sick family and that no one would be hurt. When no money was available, the suspect(s) demanded the female victim's necklace. There were no injuries," police said.

Police describe the suspects as either black or of Middle Eastern descent, between the ages of 15 and 20, with slim builds, and varying heights.

"Extra vigilance is warranted as these investigations progress," police said.

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Fairwinds looking to put brakes on truck traffic

COMMUNITY

Area residents trying to solve problem for three years

Frank Boeres, who lives at the roundabout at Huntmar Drive and Rosehill Avenue said truck traffic starts at 5:30 a.m. and doesn't let up until 9 p.m.

Boeres, who says he's probably submitted 95 complaints to the police, says he and other members of the Fairwinds Community Association have been trying to get the issue addressed for three years.

"It's horrible, you can't sit outside," he said, adding probably as much as 40 trucks go by the area daily, trying to get to Highway 417.

"It seems to go in spurts and most of them are between 8 a.m. and 11 a.m. and 1 p.m. and 4 p.m.," he said, adding that children are often at play near the road.

"It's a collector road, but it's

also a community," he said. Const. Tony Hagan said heavy trucks are allowed to use the road to make deliveries, or to go to residents or work sites, but are obligated to take the shortest route to their delivery point and then leave by the same route.

"This does not always happen," Hagan wrote in an email. "Also heavy trucks use Huntmar as a cut through from the 417/Palladium to get to Hazeldean and Iber Road locations. They cannot use Huntmar like that."

Hagan added that GPS units don't show no truck routes and the traffic circle at Huntmar



A truck goes through the traffic circle at Huntmar Drive and Rosehill Avenue. Frank Boeres, who lives on the corner, estimates that about 40 trucks travel on Huntmar every day. CONTRIBUTED

and Rosehill has been damaged in the past by large trucks and/ or trailers that have been unable to negotiate it properly.

But enforcement can be dif-

"In order for us to prove the offence of driving a truck on a no truck route like Huntmar, we first need to establish gross weight as per MTO (Ministry of Transportation Ontario) info, we then have to follow the truck and see where he or she is going," he said.

Stittsville Coun. Shad Qadri said he's been working with police on heightened enforcement since January. He's also written to area businesses like the Food Basics — that it is a no truck route.

"Are we ever going to 100 per cent eradicate the problem, no," he said, adding trucks coming from out of town may still use the route, but it will

It's horrible, you can't sit outside. It's a collector road, but it's also a community.

Frank Boeres

significantly help if the city can be proactive.

Qadri also said it can be tough for residents to know which trucks are travelling the road illegally, so the perception may be that the problem is not as bad as people think.

In addition to the letters to businesses, the city has installed no truck signs throughout the route.

Glen Gower, also a member of the community association, says he doesn't think the signs have been as effective as they might have been.

There's a lot of signage on the road, so it's possible they're being missed," he said, adding they might need to be bigger to stand out.

Boeres said a good enforcement tool would be cameras, which would help police to determine the best times to be out ticketing trucks.

Another option would be the installation of more stop signs to make the route less attractive.

"It's a matter of when, not if, there's going to be a fatality if something's not done soon," he said.

Hagan did say that another blitz is in the work to catch trucks travelling the route illegally.

JENNIFER MCINTOSH METROLAND MEDIA

Women fling dog feces at each other

Two Ontario women got some advice from police on neighbourly harmony after a dispute between the two neighbours saw volleys of dog feces being flung across the property line.

Police in Brockville, Ont., say the altercation started last Thursday when one woman found what she believed was her neighbour's dog's excrement in her yard.

They say the woman then threw the feces into her neigh-

Police say the dispute escalated when the neighbour replied in kind, throwing handfuls of dog droppings back.

After that the confrontation became physical as the neighbours "grabbed hold of one another."

Police say they gave the women advice on how to get along in future and suggested they stay away from each other.

THE CANADIAN PRESS



CRIME

Police looking for stabbing suspect

Ottawa police want the public to help find an "armed and dangerous" man involved in a stabbing Tuesday on Forward Avenue in Mechanicsville around 6:15 a.m. after an argument turned violent. The suspect is identified as 28-year-old Hamze Abdi Áhmed, a black male with a slim build who stands 5' 10". The victim, a 39-year-old man, is in serious condition. EMMA JACKSON/METRO

Ex-music teacher faces sexual assault charges



Lofaro Metro | Ottawa

A Brampton, Ont. man who police say taught private music lessons in Ottawa is facing sexual assault charges after he allegedly inappropriately touched two of his students.

Police say they opened an investigation in May of this year after a complainant came forward with the allegations, which led to a second victim being identified.

The incidents took place between 2012 and 2016 while the man taught music at a private studio in Ottawa, according to police. Investigators with the Sexual Assault and Child Abuse (SACA) unit are concerned there could be

Jose Hernandez, 70, was charged with one count of sexual assault on July 19 and later charged with another count of sexual assault on Tuesday.

The accused will appear in court on Aug. 30.

HEALTH TECHNOLOGY

Startup bets on bionic eye

A new startup founded by entrepreneurs in Ottawa and scientists in Australia sees huge potential in its technology that would restore sight to people using diamonds and lasers.

The company, iBionics, is developing a bionic eye system to restore vision in people with retinal degenerative diseases using a diamond retinal implant and laser-beam glasses. The firm's founders believe the business will eventually take in revenues of a half-billion dollars per year.

Before that, they'll have to raise at least \$100 million to commercialize the product and market it globally. That number may be high, but the firm's founders say that in the biotechnology industry — in which Sydney-based Cochlear is nearing \$1 billion in annual revenues from its own implants for hearing restoration — it's quite feasible.

The startup is indeed directly inspired by Cochlear, which was named one of the world's most innovative companies by Forbes in 2011 and has used its technology to restore hearing in more than 300,000 deaf patients since 1981.

"The challenge that we thought we'd undertake was to see if we could do for eyes what they had already done for ears," says Steven Prawer, a Melbourne-based scientist who conceived the idea for iBionics and, after meeting with tech expert Michel Pigeon while visiting Ottawa, co-founded the company with him and Suzanne Grant, a successful local entrepreneur who was recruited as CEO.

Here's how it works: the person wears a pair of glasses equipped with a small camera that captures the image data. The glasses send that information via a laser beam to the diamond implant at the back of the eye, which then converts the data into electric signals that artificially stimulate the

"The technology is almost perfect," says Pigeon, the startup's COO. "It has all these beautiful properties, and the technology is really disruptive "

OTTAWA BUSINESS JOURNAL



The technology is almost perfect.

Michel Pigeon

Man's bid to reduce sentence denied

COLIDTS

Judge quashes attempt to limit jail time



Joe Lofaro Metro | Ottawa

An Ottawa man who launched a constitutional challenge against a mandatory minimum sentence for firing four gunshots on a residential Carlington Street has lost his fight and must serve more than five years behind bars.

Before Åbdi Rashid Mohamed, 27, stashed his gun in his girl-friend's apartment, he went on a "shooting spree" in front of a woman walking her dog and other bystanders shortly before 7 a.m. on Jan. 31, 2015, wrote Ontario Court Justice Robert Wadden in his Aug. 11 ruling.

Mohamed was convicted of

multiple firearms offences, including discharge of a firearm, careless use of a firearm. However, his lawyer, Richard Addelman, told Metro he is appealing the conviction on the basis of there being "weaknesses" in the identification evidence at trial.

Mohamed has prior convictions, including armed robbery in 2010 and obstructing a peace officer in 2014. The Criminal Code states the minimum sentence is seven years for anyone convicted of discharging a firearm if it's a second offence.



The sentence imposed today must seek to deter Mr. Mohamed from similar future conduct.

Justice Robert Wadden

Addelman, who unsuccessfully challenged the sentence, argued in a Charter application the mandatory minimum sentence was "cruel and unusual punishment" and was "grossly disproportionate."

The defence also cited mitigating factors in the case: no one was injured and the gunshots were pointed to the air – not a person, building or vehicle.

Wadden denied the application and said he considered

Mohamed's age and "the hope that he can rehabilitated" when he handed down a sentence of eight years. Since Mohamed is being credited for time already spent in jail, he will serve five years and eight months.

"The sentence imposed today must seek to deter Mr. Mohamed from similar future conduct," wrote Wadden. "It must also serve as a deterrence to anyone who may be in a similar position."



After a councillor warned the Prince of Wales bridge might be blocked, community members responded. HALEY RITCHIE / METRO

PETITION

Don't block bridge, local residents say



Haley Ritchie Metro|Ottawa

Residents are worried about losing access to a "hidden gem" in the city after Coun. Jeff Leiper said the city was planning to spend more than \$100,000 to permanently block access to the Prince of Wales bridge.

His warning has prompted a petition to keep the bridge open, and on Tuesday a group of teens visited the site for fear it could be their last chance to do so.

"It's disappointing because it's one of the only water spots around. Everyone has so much fun," said Rebecca Marsan, 17, who brought her mom and younger siblings to check out the bridge on Tuesday.

Teens aren't the only ones concerned about the future of the scenic spot.

"It's a hidden gem in Ottawa," said Dennis Van Staalduinen,

who often brings his children along on walks across the bridge.

"Rather than investing the few million dollars it would take to bring it back up to scratch, we're talking about restricting access to it?

"It's just ridiculous to me. Worst-case scenario just leave it alone, don't block it off because people can make their own safety choices."

On Monday, the city responded to the controversy with a statement from general manager John Moser.

"It is the city's responsibility to manage public safety in that corridor," it reads.

"A gate option has been proposed as an option to further secure the site. Its appropriateness and its cost are currently under review."

Leiper called the vague wording an "encouraging direction" compared to his previous conversations with city staff.



ENVIRONMENTAL DAMAGE

Heavy rain prompts raw sewage spill in river

Nearly 173,000 cubic metres of raw sewage landed in the Ottawa River after Saturday's heavy rainfall. nearly equalling all the sewage spills combined in 2015

The 2016 season, however, seems to be going

down the toilet with more than 420,000 cubic metres already logged.

Still, the city has made headway since 2009 when it passed its Ottawa River Action Plan. At the time, the city was dumping around 850,000 cubic metres of sewage each year. EMMA JACKSON/METRO

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The zom-bees in B.C.'s back yards



Wanyee Li Metro|Vancouver

Zombie bees are a beekeeper's worse nightmare and this summer they have been spotted for the first time in Canada in Nanaimo, B.C.

Sarah Wallbank had just started her honeybee hive in her backyard three months ago when she noticed a few bees acting strangely — they were buzzing around a nearby light after dark.

"They were quite frantic about the way they were flying into the light so I didn't think that was normal."

Wallbank built a light trap to collect the disoriented bees, which consisted of putting an LED lightbulb in a bucket and setting it down near the hive.

She collected 16 dead bees in one night. She put them in jars and sure enough, after a week, 42 maggots emerged from the bees' dead bodies — Wallbank's hive was infected with zombie bees.

The parasite responsible for putting the bees into a zombie-like state and eventually killing them is called the phorid fly.

It lays its eggs in bees and when the eggs hatch, larvae attack their host's brains, causing the bees to act disoriented, according to John Hafernik, a biology professor at San Francisco State University. Meanwhile, the larvae eat the bee's insides for about a week until they are ready to emerge and turn into flies.

The phorid fly traditionally targets bumblebees and various kinds of wasps but six years ago, Hafernik discovered the fly can lay its eggs in honeybees, too.

Honeybees are already under threat in North America due to mites, viruses, fungal diseases, and pesticides, said Hafernik.

If too many worker bees are infected with this parasite, the whole hive can collapse, he said.

Hafernik started a citizen science project called Zombee Watch four years ago where people are asked to send in photos or samples of zombie bees to the university.

The phenomenon had only been recorded in parts of the U.S. but thanks to Wallbank's discovery in July, scientists now know the fly is attacking honeybees further north as well



A phorid fly larva emerges from its dead host, a honeybee, after attacking the bee's brain and eating its insides.

SAN FRANCISCO STATE UNIVERSITY/CONTRIBUTED

TERROR THREAT

Liberties and security must be balanced: PM

An alleged terrorist plot in Ontario that created anxieties over police monitoring of suspects hasn't shaken Prime Minister Justin Trudeau's emphasis on balancing civil liberties with public safety.

In his first reaction to an alleged plot that led to the death of Aaron Driver in Strathroy, Ont., Trudeau said Tuesday that balancing individual rights with balencing Canadians secure from bombing threats has to be handled with care.

"Canada is a country that values its freedom (and) its basic charter rights," he said during a stop in Bridgetown, N.S., for an infrastructure funding announcement.

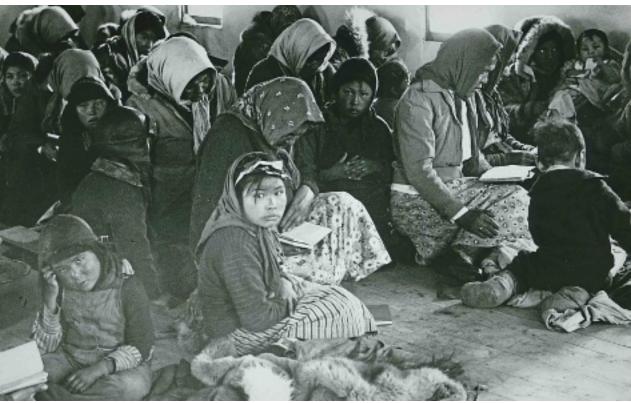
"All Canadians expect their

government to do two things: to keep Canadians safe and to defend and uphold the values and rights that all Canadians hold dear."

"Getting that balance right isn't always easy in the challenging situation we now live in but it's extremely important."

Last week, the RCMP fielded media questions about why it was the FBI and not the Mounties who discovered a video that led them to Driver, who police said had threatened to detonate an explosive in an urban centre.

Driver died Wednesday night after a confrontation with police that saw a bomb detonated in a taxi cab. Police have said he made a martyrdom video describing his plan. THE CANADIAN PRESS



Sayisi Dene participate in a church service around the Duck Lake post in northern Manitoba in 1947. The federal apology for the forced relocation comes with a \$33.6-million settlement package. Hudson's BAY COMPANY ARCHIVES VIA TORSTAR NEWS SERVICE

60 years later, Sayisi Dene get federal apology

INDIGENOUS AFFAIRS

Government forcibly relocated First Nations group

The federal government has formally apologized and provided compensation for the forced relocation of a First Nations community in northern Manitoba 60 years ago.

Indigenous and Northern Affairs Minister Carolyn Bennett visited the Sayisi Dene on Tuesday to apologize for the 1956 move that led to hunger, violence and death.

"Without proper consultation, without explanation and without adequate planning, the federal government took your people from the land and the waters that sustained you," Bennett said in prepared remarks.

"The government of Canada did not provide proper food, shelter or support following the relocation. Decades later, we recognize that the impacts of the relocation were catastrophic."

About 250 Sayisi Dene were forced out of Duck Lake to a barren area near Churchill, partly because the Manitoba government believed they were causing a steep decline in the caribou herd — an idea later proven untrue.

In the new location, food was

FUNDS

The federal apology comes with a \$33.6-million settlement package, aimed partly at economic development, which was approved by the community three years ago.

scarce and housing inadequate. The Dene were forced to scavenge the dump and were assaulted by Churchill residents.

About one-third of the relocated Dene died "as a result of poverty, racism and violence," the Manitoba government said in a 2010 apology for its role.

Chief Ernest Bussidor, who was born one month before the relocation, said many have suffered post-traumatic stress.

"I probably witnessed a lot more tragic events than I should have ... and most of us of that generation have that same notion," Bussidor said Monday.

"A lot of children died. That kind of stuff never leaves you. ... People freezing to death, fires, you name it," Bussidor recalled.

In 1973, the Sayisi Dene moved back to their traditional territory at Tadoule Lake.

"It is unbearable to consider what you lost during the years in Churchill," Bennett said.

THE CANADIAN PRESS

WILDFIRE

Fort McMurray victims facing sleepless nights

Genevieve Belleville is struck most about the many Fort Mc-Murray residents who are having nightmares and trouble sleeping.

The psychology professor at Laval University in Quebec City is heading a mental-health study of people from the northern Alberta city who were forced to flee a voracious wildfire in May.

Two of her research assistants were returning Tuesday after spending three weeks in the community. They conducted clinical interviews with about 50 residents and another 300

people completed an online questionnaire.

Analysis is to begin soon on whether some are suffering from post-traumatic stress disorder, Belleville said. A preliminary look at the data shows many in the group aren't sleeping well.

"They also have very painful memories," said Belleville. "Some of them have moved, don't want to go back to Fort Mc-Murray because it's too painful to see the aftermath of the fire."

Symptoms of PTSD include

intrusive memories, negative feelings and emotional reactions, such as trouble sleeping. Most signs are just normal reactions to an abnormal event, said Belleville.

"If the symptoms persist for more than one month, then we can talk about PTSD. Before that, it cannot be considered a disorder."

The study will also assess whether the residents have depression, anxiety and substance abuse problems, she said.

THE CANADIAN PRESS

80,000

More than 80,000 people were forced to leave their homes when the wildfire roared through and destroyed 2,400 homes and buildings. The evacuation for some included a panicky, slowmoving drive out of the smoke-filled city as nearby trees went up in flames.

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Earth broiling to record highs

WEATHER

July 2016 was the hottest in recorded history

Earth just broiled to its hottest month in recorded history, according to NASA.

Even after the fading of a strong El Nino, which spikes global temperatures on top of man-made climate change, July burst global temperature

NASA calculated that July 2016 was 1.51 degrees Fahrenheit (0.84 degrees Celsius) warmer than the 1950-1980 global average. That's much hotter than the previous hotter months, about 0.18 degrees warmer than the previous record of July 2011 and July 2015, which were so close they were said to be in a tie for the hottest month on record, said NASA

chief climate scientist Gavin

Scientists blame mostly manmade climate change from the burning of fossil fuel with an extra jump from the now-gone El Nino, which every few years is a natural warming of parts of the Pacific Ocean that changes weather worldwide.

Georgia Tech climate scientist Kim Cobb said this is significant "because global temperatures continue to warm even as a record-breaking El Nino event has finally released its grip."

This is the 10th record hot month in a row, according to NASA. The National Oceanic and Atmospheric Administration, which calculates temperatures slightly differently, will come out with its July figures on Wednesday. NOAA has figured there have been 14 monthly heat records broken in a row, before July.

"The scary thing is that we are moving into an era where



NASA's five hottest months on record are

- July 2016
- July 2011 • July 2015
- · July 2009
- August 2014
- Only July 2015 was during an El Nino.

it will be a surprise when each new month or year isn't one of the hottest on record," said Chris Field, a climate scientist

at the Carnegie Institution and

Stanford University. This new record and all the records that have been broken recently years tell one cohesive story, said Schmidt, director of NASA's Goddard Institute for Space Studies: "The planet is getting warmer. It's important for what it tells us about the future." THE ASSOCIATED PRESS



With so many questions swirling about the huge price tag on stadiums for South America's first Olympics, renowned chef Massimo Bottura wanted to make his own statement about the Games' sustainability. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Renowned cheffeeds homeless in Rio with excess Olympic food We want to rebuild the dignity of the

Twelve hours ago, Fagner Dos Santos ate his last meal: two hardened bread buns and coffee. For much of the past decade, the 33-year-old has been battling drug addiction while living on the streets of Rio. When he eats at all, it's usually at a grungy soup kitchen or after picking through the trash.

Now he and some 70 other homeless men are feasting on a three-course meal courtesy of one of the world's top chefs.

The gastronomic destination is the brainchild of Italian master chef Massimo Bottura. Using leftover ingredients from Olympic caterers and other local partners, Bottura created a gourmet soup kitchen, Refettorio Gastromotiva,

people. Massimo Bottura

that has been serving up meals to Rio's homeless population.

With questions swirling over the \$12-billion price tag of South America's first Olympics, Bottura wanted to make a statement about the games' sustainability by taking on one symbol of Olympic waste: the more than 230 tons of food supplied daily to prepare 60,000 meals for athletes, coach and staff.

"This is a cultural project, not a charity," said Bottura, who runs the Michelin three-star Osteria Francescana in Modena. "We want to rebuild the dignity of the people." It's a message that resonates

As Brazil plunged into its deepest recession in decades, the city's homeless population has struggled. In June, facing a financial calamity, Rio's state government had to close or cut back service at 16 meal centres. But in contrast to the government-run centres, the Refettorio is an epicurean's delight, with designer wood tables, oversized photos of the staff by French artist JR and a mural of the Last Supper in chocolate. THE ASSOCIATED PRESS



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Wednesday, August 17, 2016

ROSEMARY WESTWOOD ON RECONSIDERING WHITENESS

Feeling uncomfortable. Feeling left out. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen.

In retrospect, this could be viewed as the year of recalcitrant whiteness.

It's evident most noisily in America. A conversation fuelled by police killings of black Americans cross-bred with the Republican Party's typical play for white Christian votes, and under the toxic orange glow of Donald Trump, mutated into an ungainly, vitriolic, spitting monster.

It's evident here, too. Black Lives Matter organizers drew the ire of Canadians who imagined we'd somehow escaped the U.S.'s anti-black bias; the Missing and Murdered Women and Girls inquiry underlines the extreme violence white women just don't see; the killing of an indigenous man by a white farmer in Saskatchewan sparked racial tensions in that province into flame.

I also feel it in myself. I was raised in Victoria, a city I've long imagined could be the whitest place in Canada. I grew up devoid of any sophisticated sense of race. The sprinkling of diversity in my schools went largely unnoticed, as innocuous as the odd birch in a forest of cedar. Equality among us was assumed, as was our Canadian immigrant identities and their neutral impact on the country. In one juniorhigh social studies class we were directed to research how and when our families came to Canada. Perhaps you can guess this: There were no indigenous pupils in the class.

This year, more than any, has troubled my sense of whiteness. Frequent criticisms

The thing about contemplating one's whiteness in 2016 is that it's supposed to hurt.

of my "white feminism" have revealed weaknesses in my politics. Covering Toronto's Black Lives Matter protests underlined how uniform and narrow white Canadian media analysis can be, and forced me to question what I do and do not have any business writing about. This year's suicide crises on indigenous reserves drew both horror at the suffering and cynical

posed to hurt.

Feeling uncomfortable. Feeling left out of the conversation. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen. This is what it feels like to no longer be the sole centre of attention. This is what it feels like to be rightly



WHAT'S YOUR POINT? A protester brandishes an "All lives matter" sign at a Black Lives Matter rally in Panama City, Fla., in July. Social movements in Canada and the U.S. are forcing white people to think of themselves in new ways. AP

suggestions that indigenous Canadians bring all ills upon themselves. And since conditions on reserves don't change between one suicide crisis and the next, both responses can be read as expressions of white privilege.

White privilege. I don't use that term lightly. And I realize it's likely to blow the skull of any white person who's sick and tired of being called white as if it's a bad thing. They've likely already stopped reading, but I will address them on the off chance they're still around: The fact that you are deeply upset proves the problem. The thing about contemplating one's whiteness in 2016 is that, for perhaps the first time in centuries, it's supaccused of dominating the country on morally shaky ground. In the colonial beginning, there was racism. It was at the root of residential schools, early immigration practices, early slavery laws. Despite our best efforts to pretend otherwise, that racism endures.

I don't want to be called a bigot either. I don't want to be told my country is, among other wonderful things, dyed with discrimination. Who does? But bias has been built into this nation, and we all exist on its spectrum. Internally, too, we are all biased. And the worst thing any of us could do is pretend otherwise.

People living in Saskatchewan this week don't have that luxury. On Sunday Brad Wall, the province's premier, in the kind of aspirational sentiment common to our politics, said that "racism has no place in Saskatchewan" before explaining exactly what place it does hold. "In the wake of a shooting near Biggar, there have been racist and hate-filled comments on social media and other forums," he said in a statement.

In comments to the StarPhoenix newspaper, one woman expressed her support for the alleged shooter, saying, "Nobody should have died, but we knew it was going to come to this. Things are out of control." Who is "we"? What is "it"? And why did "it" have to end in a shooting? What, exactly, is "out of control"?

It's a question that also applies to the U.S., to Trump's campaign, to his cult-like supporters. And some fairly convincing answers can be found in a new book. In The End of White Christian America, the religion researcher and pollster Robert P. Jones traces white Protestant Americans' "waning cultural influence" and the ensuing anxieties and fears that run so deep, even a 2014 Coke ad about America's diversity was a "provocative act." As Jones elaborated in a New York Times op-ed: "The apocalyptic rhetoric is fueled by energies that are unleashed when a long-dominant group senses the looming end of its era."

Do not think that those apocalyptic and xenophobic sentiments belong only to America. I have heard them myself, and never more loudly than this year: white people are the most discriminated against, white Christian faith is under attack. These are the feelings of those who sense a slipping grip on power, and who have not yet imagined in what ways that might be a good

Grits' holistic anti-terror aims traceable to Harper



Paul Wells

So far on terrorism, Justin Trudeau is more or less the prime minister Stephen Harper told us he would be.

On the very day Trudeau became leader of the Liberal Party of Canada, in April 2013, he sat in Ottawa for an interview with Peter Mansbridge of the CBC. Two bombers had just detonated their homebrew contraptions at the Boston Marathon, killing three and wounding hundreds.

How would you respond if you were PM, Mansbridge asked. "Over the coming days," Trudeau replied, "we have to look at the root causes."

That language seemed designed to ruffle Conservative feathers. But Trudeau was not done. "There is no question that this happened because there is someone who feels completely excluded. ... And our approach has to be, where do those tensions come from?"

That was all Stephen Harper needed. In London he told reporters: "When you see this kind of violent act, you do not sit around trying to rationalize it or make excuses for it or figure out its root causes. You condemn it categorically."

A week later, Harper piled on. "This is not a time to commit sociology, if I can use an expression. ... I don't think we want to convey any view to the Canadian public other than our utter condemnation of this kind of violence."

Two years later Trudeau won the election. Last week the RCMP shot and killed Aaron Driver in Strathroy, Ont., and we have had a chance to see how Trudeau handles terrorism.

To a great extent, in any public sense, he doesn't. It's Ralph Goodale, his minister



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of public safety who has been the government's face in the aftermath of Strathroy. Nevertheless, it's striking how much time Goodale has spent talking about sociology.

In a long weekend news release, Goodale first reassured Canadians that the police had done their job well and that Canada's threat level is no higher than it has been for a year and a half. Then: "We need to know how to identify those who could be vulnerable to insidious influences that draw certain people — especially young people — toward extremism leading to violence.

"We need to understand what positive messages can counteract that poison."

Inconveniently for fans of political caricature, the academic work into counterradicalization that turns Goodale's Liberal crank is already well begun — thanks to Stephen Harper.

In June 2011, Harper announced the Kanishka Project, a \$10-million research program on terrorism. Work funded by the Kanishka Project included the Canadian Network for Research on Terrorism, Security and Society, whose co-director, Lorne Dawson, has said "the actual research has consistently shown that sociology is the better way to go."

Harper low-bridged the sociology while playing up the law and order, but he did both. Trudeau reverses the emphasis, but he does both.

Sociology offers no guarantees. Utter condemnation didn't either. Trudeau's record on terror will be told over four years at least. But his way is no accident. His government's behaviour this week is in a straight line from those remarks he made in 2013.

Paul Wells is a national politics columnist for the Toronto Star.



Philosopher cat now at

In her book released Tuesday, Amy Schumer writes she experienced "slutshaming" while doing press for Trainwreck. "Maybe it was just a cultural thing that made the foreign journalists seem out of line. Some interviewers brought this vibe: 'Well, you talk about sexual subject matter in your movie, so I can say anything I want to you."

Wednesday, August 17, 2016

It's time for a ramen revolution

INTERVIEW

New cookbook aims to help students save money, eat better



Takeout-inspired sesame chicken. Creamy macaroni and cheese with butternut squash. Sriracha pulled pork tacos with pineapple salsa.

Not your typical student fare and a big step up from hotdogs and packaged noodles, but those are among the cheap, easy and nutritious recipes on offer in a new book released Monday by Halifax dietitian Krista McLellan.

With the appetizing title World Food For Student Cooks, it dishes up a helping of those recipes drawn from a variety of international cuisines, including Indian, Thai, Mexican and Middle Eastern.

McLellan said the recipes in her first book are flavourful, fun to make, and use everyday kitchen staples and readily available ingredients. "Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing," McLellan said in an interview Monday.

"And you save some money. There are a lot of other places for money to go when you're a student."

The book was inspired by McLellan's personal experiences as a student living in some of Canada's most multicultural cities, including Toronto and Ottawa.

"Canada is definitely a melting pot of different cuisines, and younger generations really appreciate that," she said.

"Also, eating out all the time is really expensive and also does not give a lot of control in terms of the healthfulness factor."

McLellan believes home cooking is making a comeback and she wants to help grow that trend with a younger generation.

"Being able to develop some healthy habits as they foray into their new life as an independent adult who doesn't rely on mom and dad for their food is probably a really good thing," she said.

"There is a good mix, from things that can be made ahead of time, batch cooked and kind of pulled out of the freezer at exam time, to things that can be thrown together in a couple of minutes."

The more than 170 recipes featured in her book include snacks, appetizers, breakfast, desserts and main dishes.

World Food For Student Cooks retails for \$16.95 and is available now at campus bookstores, Chapters-Indigo locations and independent bookstores across Canada.



Halifax dietician Krista McLellan has created a cookbook for students featuring flavours of the world. One of the dishes, Simple Sesame Chicken, is seen left. ZANE WOODFORD/METRO; HANDOUT

3

Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing Krista McLellan



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Jackfruit: Big, bad and delish

RECIPE

Don't be afraid of this spiky fruit, cook it in a curry instead

We interrupt our local season to bring you one of the world's biggest, baddest-looking fruits, which happens to be right at home in this tropical weather.

Whole Foods Market produce buyer Stuart Coleman fell in love with them 20 years ago in his native Australia.

Long and slightly kidneyshaped, armed with brown-yellow spikes and weighing up to 40 kilos each, they're impossible to miss

Though they share the same spikes as a durian, jackfruit doesn't smell like a hockey bag. Instead, it gives off a mild fragrance somewhere between banana and pineapple.

It may even have inspired Juicy Fruit gum! "The first time I had jackfruit I couldn't believe it, it tasted just like caramel it was that sweet," says Coleman, who's noticed a spike in sales since he began selling the weird fruit regularly in his Ontario stores.

It seems jackfruit is popular with vegans, who find its slightly rubbery texture and exotic flavour makes a satisfying meat substitute.

The monster fruit also resonates with the Whole Foods buyer with its sustainability factor.

Coleman says jackfruit can be eaten green or ripe, the wood from its tree contains a natural dye and the seeds can be roasted and eaten like nuts, made into chips or dried and ground into flour

Since the Mexican fruit he's



This spicy jackfruit rice bowl serves four. TORSTAR NEWS SERVICE

trucking in at the moment weighs between 23 and 29 pounds (10-13 kg), he's cutting it into "grab and go" slices.

Coleman does admit the fruit still requires "a bit of maintenance" when you get it home.

Spicy Jackfruit Rice Bowl

Though jackfruit is fun to eat raw, it takes on a whole new dimension when cooked in this Whole Foods recipe. If you don't like spicy food, remove the seeds from the hot pepper before using.

Ingredients:

- 1 tbsp (15 mL) canola or vegetable oil
- 1 medium white or sweet onion, diced
- 4 cups seeded, diced fresh jack-fruit *
- 1 serrano or jalapeño pepper, diced
- 1 1/2 tsp (7 mL) chili powder
- 1 tsp (5 mL) salt
 1/4 cup (60 mL) fresh orange juice
- 2 cups (500 mL) cooked brown rice
- \bullet 1/2 cup (125 mL) chopped fresh

cilantro

• Garnish: lime wedges

Directions:

1. In a large skillet, heat oil over medium heat. Set aside one-third of the chopped onion for garnish; add remaining onion to skillet and cook, stirring, until golden brown, about 6 minutes. Add jackfruit, serrano, chili powder and salt. Cook, stirring, for 1 minute. Add orange juice, cover and simmer, stirring frequently, until jackfruit is very tender, 20 to 30 minutes. Add water 1/4 cup (60 mL) at a time if mixture gets dry.

2. Divide rice among four bowls. Top with jackfruit, reserved onion and cilantro. Serve with lime wedges.

*You can also substitute fresh jackfruit with two 20-oz (590 mL) cans of drained and finely diced young green jackfruit. Just double the amount of orange juice to preserve the sweet-spicy flavour balance.

TORSTAR NEWS SERVICE

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Popcorn

Popcorn can be a healthy light snack or one loaded with calories, fat and sodium - choose wisely!



Orville Redenbacher's Smart Pop Gourmet Popping Corn (5 cups)





Wednesday, August 17, 2016

Calories 465 Fat 22g Sodium 660mg





Equivalent to Manchu Wok's Black Pepper Chicken in sodium.

There's nothing smart about Smartfood. The addition of excess vegetable oil, cheese and salt takes this from a natural healthy snack to a fat & salt-laden disaster. It's always better when you can control what goes on your food – pop the popcorn yourself by using the package microwavable packets. If you do want more flavour, just add some finely grated parmesan cheese and your favourite spices.

LIQUID ASSETS

Zin and ribs: A perfect pair

Few red grapes have as exotic a backstory as Zinfandel

Originating in Croatia (where it goes by the tongue-twister of a name Crljenak Kaštelanski), it was christened Primitivo when it found its way to Italy and finally called Zinfandel after being introduced to California's vineyards in the early part of the 19th century.

When Cali's Sutter Home Winery discovered that limited exposure to the grape's dark skin gave its juice a people-pleasing pink hue, Zinfandel's reputation as a base for "serious" red wines seemed to be immutably damaged.

Slowly, but surely, Zin become America's red, even though its broad range of personalities



(everything from chocolatey to spicy) can be polarizing.

While matching surprisingly well with a wide variety of dishes, Zinfandel is a natural mate with barbecued ribs, especially when they are lathered in sweet, saucy goodness.

The Michael David Winery loves a pun, and its 2013 The Seven Deadly Zins (\$22.49-\$24.99), with its dried red fruit and long trail of pepper spice, is rib-tastic.

PETER ROCKWELL/METRO





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LaCrosse wants to shake stign



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- Lack of LED headlightsSafety feature availability
- Rear seat headroom

Buick overhauls image with good looks



Dan Ilika AutoGuide.com

You'd be forgiven if Buick wasn't the first brand to spring to mind when thinking about luxury vehicles.

That is something Buick hopes to change — and soon. It's already got some momentum going, with the Cascada convertible in the U.S. and Envision midsize crossover signalling the start of an aggressive rollout that will see seven new or refreshed products hit showrooms by 2018. But there may be none more important than the 2017 Buick LaCrosse.

It's no secret that Buick is overhauling its image in an attempt to shed the stigma, at least in North America, of serving society's senior citizenry. To do so starts with good looks, something the new LaCrosse has in spades.

It begins with a new grille design that scales back the toothy grin of old for a more refined shape. The grille is also where the LaCrosse's character lines begin and end, tracing all the way around the full-size sedan to accent its sleeker, elongated proportions. The car itself is only 15 millimetres longer and 10 millimetres wider than the outgoing version, but has a stance

that would lead you to believe otherwise.

The LaCrosse's exterior overhaul was about more than just a new form, though, with a host of changes made to improve its overall function. The car weighs 136 kilograms about the weight of a side-byside refrigerator — less than the last generation thanks to the expanded use of high-strength steel, while outward visibility has been vastly improved thanks to narrower A- and C-pillars.

It's hard to convey an upmarket appearance when so much of a car's interior carries over from more mainstream models, a problem that isn't unique to General Motors, but one that has plagued the automaker for years. Designers set out to change that in the 2017 LaCrosse, with little of the car's interior shared with anything else in GM's vast portfolio.

The new engine features idlestop technology and cylinder deactivation to reduce emissions and improve fuel economy. That means the engine automatically shuts off when the car is stopped, and only runs on four cylinders when cruising at highway speeds. Power delivery is smooth if a little slow at times, while the idle-stop and cylinder deactivation systems work impeccably well, and go virtually unnoticed.

Put the whole package together, and the LaCrosse handles long trips with ease, gobbling up bumps as eagerly is it carves a corner and does it with style. It's not as sporty as the turbocharged Buick Regal, but it's composed and capable of providing at least some level of engagement.

How the gaming industry is making driving more fun



Sami Haj-Assaad AutoGuide.com

Imagine if cars were just made for transportation duties. All we would see on the roads are boring boxes on wheels. Fortunately, that's not the world we live in, and car designers have made sure that our cars are fun.

That fun can be found in the exterior appearance, the performance and the handling, but automakers are also putting in little games into cars to help

lighten up the load of driving and make it more entertaining. For example, the Nissan GT-R's central display screen features graphics and visuals designed by the same team behind Gran Turismo for Playstation. Here's a look at what some other companies are doing:

Veloster Blue Max game

Many cars are using games to encourage drivers to be more fuel efficient. Hyundai and the earlier iteration of the Veloster had one of the more interesting applications, as there's a hidden game in the settings that awards points to efficient drivers. Actions like coasting, changing into the correct gear at the right time, and accelerating and braking smoothly would all net points.

Corvette performance data recorder

A cool feature in racing games is the ability to record your lap times and compete against them. Corvettes are starting to incorporate some of that idea with the available Performance DataRecorder, or PDR.

Vision Gran Turismo

If you need any more proof that the world of cars and video games are converging, take a look at the Vision Gran Turismo program. Automakers are creating awesome concepts for the Gran Turismo video game, then making them into real things to display at auto shows and other events.

Some automakers are even using the Vision GT concepts to influence their real cars. This is the path that Bugatti took with their new Chiron hypercar.



The Nissan Concept 2020 Vision Gran Turismo. AZUHIRO NOGIKA-ZUHIRO NOGI/AFP/GETTY IMAGES

14 Wednesday, August 17, 2016 metr

WHEELS

'Race of Champions' heads to Manitoba



LAKE WINNIPEG

Winter sport driving coming to Canada

Previously only offered in Sweden, the AMG Winter Sporting Driving Academy is heading to Canada. Enthusiasts will be able to experience a selection of AMG models on the icy surface of Lake Winnipeg in Gimli, Man. During the program, Lake Winnipeg will be transformed into what AMG calls an "uncompromising, frozen terrain where adrenalinecharged curves and apexes modelled from world-famous racetracks will be recreated in milled ice." Participants will gain valuable experience with controlled driving safety and dynamics that will culminate in a "Race of Champions." JASON SIU/AUTOGUIDE.COM



JASON SIU/AUTOGUIDE.COM DEPRECIATION

Colour boosts car's resale value: Study

Tesla may go

The next-generation Tesla

Autopilot will receive up-

grades in the hardware de-

feature new hardware that

includes a new sensor suite

4 fully autonomous driving.

report, Tesla Autopilot 2.0 will

to enable level 3 autonomous driving, and potentially level

partment. According to a

fully auto

When it comes to a car's resale value, brighter and more unusual shades like orange and yellow actually hold their value better, a new study says. And before you think that's because orange and yellow are typically reserved for luxury and exotic vehicles, the two shades had the least depreciation across virtually all body styles and market segments.

JASON SIU/AUTOGUIDE.COM



DESIGN FISKER GETS A REFRESH, NEW NAME

Fisker Karma reborn as Karma Revero

The new Revero from Karma Automotive, formerly known as Fisker Automotive, has been fully revealed. While it is being touted as a new car, the Revero is in reality a re-

freshed version of the Fisker Karma, launched back in 2011. Karma Automotive was created from the ashes of bankrupt Fisker when the company was sold to China's Wanxiang Group. Updates to the car include an improved solar roof

for collecting energy, an all-new infotainment system and a set of handpainted badges. Karma didn't reveal all of the details, though a count down on its website suggests that the car will be fully unveiled on Sept. 8. STEPHEN ELMER/AUTOGUIDE.COM



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"How much did they charge you bro??" Irish boxer Michael Conlan tweeted at Vladimir Putin after his questionable loss to Vladimir Nikitin



MARK BLINCH/COC/THE CANADIAN PRESS 2 Cushy landing — Christian Taylor of the U.S. won gold in the triple jump (17.86 metres).

Strong finish — Oakville, Ont.'s Adam van Koeverden won the consolation final of the men's single kayak 1,000 metres. BUDA MENDES/GETTY IMAGES

ANTONIN THUILLIER/AFP/GETTY IMAGES

Clutch throws — Sandra Perkovic of Croatia escaped early elimination twice before producing last-ditch throws the longest 69.21 metres to win the women's discus. FRANCK FIFE/AFP/GETTY IMAGES

Swedes not sour — Sweden advanced to the gold-medal match in women's soccer by beating host Brazil 4-3 in a penalty shootout

following a scoreless draw. SILVIA IZQUIERDO/THE ASSOCIATED PRESS





Canada lets one get away

RIO2016

Squandered chances enable Germany to secure medal

In the lead-up to Canada's Olympic semifinal match against Germany, John Herdman offered a forecast that turned out to be prophetic.

There'll be one or two moments, and we'll take them or we won't," Herdman was saying. He was talking about scor-

ing chances. You don't get many moments against Germany," said Canada's coach. "They're that good."

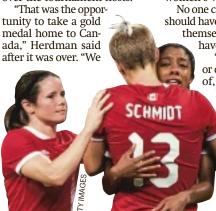
Let the record show Canada had its moments to keep pace with the second-ranked team in the world on Tuesday at the Mineirao stadium. Germany was, indeed, that good in a 2-0 win, don't get it wrong. Taking advantage of two major absences in Canada's backline — the injured Allysha Chapman and suspended Josee Belanger — the Germans attacked and counter-attacked with speed and precision for much of the afternoon, building a 2-0 lead by the 59th minute.

The win vaulted them into Friday's gold-medal game against

But Canada had its moments,

too. Balls on feet with time and prime scoring space — there were too many to enumerate. A ball off the head of Kadeisha Buchanan around the 45th minute that had to be headed off the German line by Tabea Kemme — it would have equalized the match 1-1. Who knows how differently everything plays out if it had?

As it was, the most promising Olympic run in Canadian soccer history won't end in gold, or silver for that matter. Canada is off to Sao Paolo to play for bronze Friday. Thanks to a park-thebus defensive masterpiece by Sweden in the other semifinal, wherein the No. 6 Swedes beat No. 8 Brazil on penalty kicks after Brazil owned the ball for 120-plus minutes, Canada's medal hopes will depend on a win over the tournament hosts.



It's going to hurt looking back at that video. Because we're going to see the chances we could have taken.

Diana Matheson

missed that. Sorry to Canada for missing that opportunity."

No apology was necessary, but a guaranteed medal would have amounted to a significant achievement for a program that, prior to winning bronze in 2012, had failed to qualify for three of four Olympics and never finished better than fourth in the women's World Cup.

No one can say Canada's team should have played harder. They themselves said they should have played smarter.

"It's about precision," or occasional lack thereof, said veteran backliner Rhian Wilkin-

Melanie Behringer converted a penalty in the first half and Sara Daebritz scored in the second half for

the Germans. TORSTAR NEWS SERVICE

Canucks honoured to be part of history

The return of golf to the Olympics after a 112-year absence dominated the talk around the sport last week when the men brought the game back to the Games.

But there is history, and then there is history, and Canadians Alena Sharp and Brooke Henderson truly are part of something special, among the first 60 women to compete in the sport in the Olympics.

"We're going to be in the history books ... 50 or 100 years down the road we're going to be

in the history books," Sharp said at a news conference Monday evening. "We're not thinking about that right now, but that's something cool to think about when we're a little bit older. I'm just honoured to be part of it, I'm really happy to be here and

play in women's golf for the first time. I don't think words really describe how it feels."

Joining 58 other LPGA Tour pros, Henderson and Sharp see a chance to advance the cause of their game in front of a truly global audience. The LPGA cer-

It's going to set up great for us and I think we're all excited just to show the world what the LPGA is all about. Alena Sharp

tainly has its share of regular fans but the sheer worldwide scope of the Olympics is something else.

"Someone was just telling us that TV ratings for the men were awesome, through the roof, and that was really exciting to hear," said Henderson, ranked No. 3 in the world.

"We were playing a practice round when the men were just finishing up so we could hear the big roars and it was very exciting. It gave us, definitely me, chills." TORSTAR NEWS SERVICE

RIOin brief

Biles wins floor exercise to capture fourth gold medal

Simone Biles closed her Rio Olympics with more gymnastics gold.

Biles won the floor exercise Tuesday for her fourth gold of the Games - only the fourth Olympic gymnast to do so.

She added a bronze in the balance beam Monday in what marked the first day of a Summer Olympics since 2008 the United States didn't win a gold medal. THE ASSOCIATED PRESS

Police find no evidence to prove robbery

Police investigating reports that American swimmer



Ryan Lochte GETTY IMAGES

Ryan Lochte and three teammates were robbed at gunpoint so far have found no evidence supporting the account. Lochte insists

he has been upfront about what happened. THE ASSOCIATED PRESS

Olympic silver medallist Juan Martin del Potro will return to the U.S. Open for the first time in three years after receiving a wild-card invitation

Harrison angered to be investigated for doping

NFL

Steeler says he won't answer questions, does not want ban

Pittsburgh Steelers linebacker James Harrison doesn't want to face a suspension. He is also not interested in talking to NFL representatives, either.

The NFL's senior vice-president of labour policy and league affairs, Adolpho Birch, sent a letter Monday to the NFL Players Association detailing a plan to indefinitely suspend Harrison, Clay Matthews, Julius Peppers and Mike Neal if they don't speak with the league by Aug. 25 as part of its investigation into an alleged link to performance-enhancing drugs.

The players' punishment would end at the discretion of Commissioner Roger Goodell once interviews are completed, according to the letter obtained by The Associated Press.

Harrison said he isn't interested. "I'm not going to answer questions for every little thing that some Tom, Dick and Harry comes up with," Harrison said. "If that's the case, somebody can come out and say that James Harrison is a pedophile. (Are) they going to suspend me and put me in an investigation for being a pedophile just because



Steelers linebacker James Harrison doesn't want to be investigated solely based on what he says is hearsay, JUSTIN K. ALLER/GETTY IMAGES



(Are) they going to suspend me and put me in an investigation for being a pedophile just because somebody said it?

Pittsburgh linebacker James Harrison

somebody said it?"

Harrison said he doesn't want to be suspended, but he is prepared to take the situation as far as New England Patriots' quarterback Tom Brady, who fought his four-game "Deflategate" suspension for 18 months — nearly to the U.S. Supreme Court — before deciding to no longer proceed with the legal process. His suspension begins next month.

next month.

"When it comes down to it,
I want to play, but it's certain
rules and things they need to
go through that they didn't even
go through just to start an in-

IN BRIEF

vestigation," Harrison said at training camp. Harrison said in June he would only agree to an interview if it were at his home and Goodell was present. He extended his invitation again on Tuesday.

"Like I said before," Harrison said. "Come to my house. Bring Roger with you."

Harrison said he would "lean in the direction" of speaking with the league if the Steelers suggest an interview because he doesn't want to let his teammates and the organization down. "I'll have to deal with **ORIGIN**

The NFL first notified the four players on Jan. 11 about the investigation into a report by Al-Jazeera including allegations made by Charlie Sly, who worked as an intern at an anti-aging clinic, about the use of PEDs by several athletes, including the four linebackers. Sly later recanted his claims.

Retired quarterback
Peyton Manning was also
cited in the report, but
the NFL cleared him after
a separate investigation
in which the Broncos star
granted interviews and
provided all records sought
by league investigators.

that when the time comes," Harrison said. Steelers coach Mike Tomlin said he is staying out of it.

"This has nothing to do with us," Tomlin said. "This is between him and the (NFLPA) and the league. I assume that he is going to do what he needs to do."

Goodell's power to punish players has been an increasingly difficult issue between the NFL and the union in recent years, highlighted by the Brady case and that of Vikings running back Adrian Peterson, who fought his suspension over allegations of child abuse. THE ASSOCIATED PRESS

Cahill returns to boost the Cubs

John Lackey's right shoulder was still sore when he arrived at Wrigley Field. Trevor Cahill then proved the Chicago Cubs have options if they need another starting pitcher.

Cahill came off the disabled list to throw five innings of two-hit ball in his first start in nearly 16 months, and the Cubs beat the Milwaukee Brewers 4-0 Tuesday in the opener of a day-night doubleheader.

"He gave us something to talk about," manager Joe Maddon said. Lackey is nursing an injury that forced him to leave Sunday's start and will be pushed back until at least Saturday. Mike Montgomery followed Cahill and pitched two innings, Hector Rondon worked the eighth and Joe Smith walked two in the ninth before Aroldis Chapman got two outs to close a three-hitter.

Cahill (2-3) also drove in a run with a safety squeeze bunt, and the Cubs added runs on a wild pitch and Addison Russell's sacrifice fly off Matt Garza (4-5). Cahill allowed two walks and struck out Manny Pina with a runner on third to end the fifth on his 84th pitch.

"He had really good stuff," Maddon said. Chicago's Jason Hammel (12-5) was to face fellow right-hander Chase Anderson (7-10) in the second game. Cahill was a 2010 All-Star before consecutive 200-inning seasons with Oakland. But the right-hander struggled in Arizona, started three games for Atlanta in April last year, moved to the bullpen and was released before signing with Chicago.

He was a reliever until going on the disabled list with right knee tendinitis. But Cahill was stretched out in a rehab assignment and had good command in his first big league appearance since July 9. THE ASSOCIATED PRESS



Trevor Cahill. GETTY IMAGES

....

Ex FIFA president Havelange passes

Joao Havelange, who as president of FIFA for two decades transformed soccer's governing body into a multibillion-dollar business and a hotbed for subsequent corruption that damaged its reputation, has died. He was 100.

Havelange, who was suffering from a respiratory infection, died early Tuesday while Rio de Janeiro was hosting the Olympic Games, according to the Samaritano Hospital.

In 2009, Havelange led off Rio's bid presentation to the International Olympic Committee in Copenhagen by inviting the members to vote to "join me in celebrating my 100th birthday" at the 2016 Games in Brazil.

The Brazilian flag was lowered to half-staff at Olympic venues and the IOC said its "thoughts are with the family and loved ones" of Havelange. FIFA President Gianni Infantino lavished praise on Havelange, saying the "whole football community should be grateful" for his contribution.

CFL

Calgary defensive pair sign for Riders

The Saskatchewan Roughriders acquired defensive backs Fred Bennett and Jeff Hecht from the Calgary Stampeders for two negotiation-list players Tuesday. The six-foot-one, 197-pound

Bennett is in his fifth CFL season. He had 166 tackles, 10 interceptions and seven forced fumbles in 73 regular-season games with Calgary.

The five-foot-nine, 205-pound Hecht, an Edmonton native, began his CFL career with Montreal in 2011 but was in his fifth



Fred Bennett GETTY IMAGES FILE

season with Calgary. He accumulated 50 tackles and 37 specialteam tackles in 73 regular-season contests with the Stampeders.
THE CANADIAN PRESS

Aguero stars as City rout
Bucharest in CL qualifier
Sergio Aguero hit a hat
trick after failing to score
from two early penalties as
Manchester City thrashed
Steaua Bucharest 5-0

from two early penalties as Manchester City thrashed Steaua Bucharest 5-0 in the first leg of their Champions League playoff on Tuesday, virtually assuring a sixth straight season in the group stage.

David Silva opened the scoring in the 13th-minute opener before new signing Nolito scored his first City goal in the Romanian capital. THE ASSOCIATED PRESS

17

20

41

45

49

70

73

60

RECIPE Watermelon Pizza



Ceri Marsh & Laura Keogh For Metro Canada

With temps soaring, this fresh fruit version is the only pizza you should be making this week. Feel free to mix up the toppings any way you like, just don't skip the syrup!

Ready in 10 minutes

Prep time: 10 minutes

Ingredients

- 1 medium watermelon, cut into 4 discs
- 2 cups Greek-style yogurt
- fresh blueberries • fresh strawberries

- fresh raspberries
- · fresh mint
- maple syrup

Directions

- 1. Carefully slice watermelon into discs about 1-inch thick. Then cut each disc into 4 slices, pizza-style. Arrange watermelon slices on a plate.
- 2. Spread the yogurt evenly across the meat of the melon. Sprinkle with blueberries, slices of strawberries, raspberries and fresh mint. Drizzle with maple syrup.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

42

46

50

1. RIO 2016: Golfer's prop 5. Records 10. Half 14. "The Perry _ Show' 15. Take (Travel alone) 16. "BC's opposite is known ...said the dates expert 17. Cajole 18. RIO 2016: Barry Manilow song sharing the name of Rio's famous beach 20. Deep down 22. RIO 2016: Stuff in the pool 23. Explosive stuff 25. WSW opposite 26. Duck 29. Victorian 31. Canadian songstress Ms. Jordan 35. Madonna movie role 36. Viewpoint 40. Waste 41. Batch 42. Li'l diagram 43. Yore's 'before' 44. "Hold _ _ sec..." 45. "C'est la !"

46. Attendee of a

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51. Pine-_

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48. Wealthy dol-

49. Scandinav-

a.k.a. & Field

57. Chocolate cake

54. Deplete

ingredient

concert by the singer

_(Clean-

59. RIO 2016: Track & Field event: 2 wds. 63. RIO 2016: Relay team member in Track & Field 52. RIO 2016: Athletics 67. RIO 2016: One who gets the crowd cheering in Soccer: 2 wds 69. _ fruit

70. Dainty 71. de menthe 72. Level 73. Low-lying area

74. Flute, e.g. 75. Mind

DOWN

1. 301, fancy-style

2. Common _ (Canuck coin bird) 3. Ms. Thurman's 4. RIO 2016: Olympic sport 5. Be silent, to a musician 6. Volcano in Japan, Mount_

7. Movie-watcher's

25

39 38

30

68

treat 8. "In the Valley of __" (2007) 9. Architectural base 10. RIO 2016: Fencing swords 11. Mr. Morales 12. Manfred

32

44

48

53

in zoology 19. _ Center (Chicago building) 21. Go extinct: 2 wds. 24. Sits on the throne 26. Check out, _ into 27. Egg-shaped 28. Courted 30. Danny of "Do the Right Thing" (1989) 32. Fragrance 33. Boom kind 34. Celery _ 37. Ms. Zadora 38. 'Mountain' meaning prefix 39. Sir Isaac 47. RIO 2016: Thomas Bach's official gig, for short: 2 wds. 50. Jessica Simpson's sister 53. RIO 2016: Badminton or Tennis need 55. Singer Mr. Mc-Lean, et al. 56. Geometric scarf designer Emilio 58. One giving home help 59. TV cable channel 60. American state 61. Highlander

62. Daybreak, to a

64. Bee's abode

68. CPR giver

65. _ Sound, Ontario

poet

66. Peel

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 Todav's Full Moon could create problems with your kids, or your friends or even a romantic partner. Your best choice is to chill out.

Taurus April 21 - May 21 Today you are caught between the demands of home and family versus the demands of your job and your career. (You can't ignore home and family.)

Gemini May 22 - June 21 Be careful, because this is an accident prone day for your sign since you or someone else might be distracted. Be calm and be aware.

Cancer June 22 - July 23 Disputes about finances, posses sions, debt and inheritances might come to a head today. It's important to know what you really want before you agree to anything.

Leo July 24 - Aug. 23 Today the only Full Moon opposite your sign all year is taking place. This will create some emotional excitement or tension between you and partners and close friends. (But you still can enjoy this day!)

Virgo Aug. 24 - Sept. 23 Be patient with co-workers today, because the Full Moon's energy makes everyone a bit antsy and easily annoyed. Therefore, stay calm. Be a role model for others.

Libra Sept. 24 - Oct. 23 Don't try to persuade a friend to agree with you today. Just agree to disagree. Likewise, your relationships with children might be challenging because of the Full Moon's energy today. Go slowly.

Scorpio Oct. 24 - Nov. 22 Like Taurus, you feel challenged by juggling the demands of home and family versus job. However, unlike Taurus, you cannot ignore your career, job and public reputation.

Sagittarius Nov. 23 - Dec. 21 Avoid controversial subjects like politics, religion and racial issues today, because they quickly will lead to an argument. (Emotions run high during a Full Moon.)

Capricorn Dec. 22 - Jan. 20 Try not to get carried away with disputes about shared property. inheritances and financial matters today, because today's Full Moon is a tough day for having important discussions. Easy does it.

Aquarius Jan. 21 - Feb. 19 Today the only Full Moon in your sign all year is taking place. Naturally, this makes you more emotional, which can rebound off close friends and partners. Oh well.

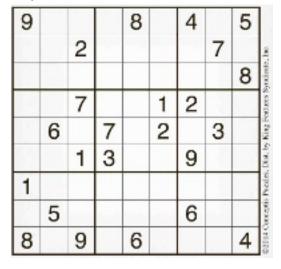
)—(Pisces

Feb. 20 - March 20 Issues at work and conversations with co-workers might be frustrating today because of the Full Moon energy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

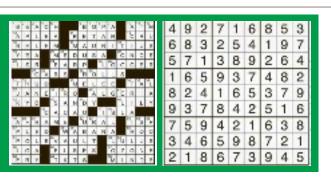
13. Family suffix



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